Extensions

Hold the dumbbell over your head and lower the weight behind your neck.



Extend the arms over your head, then lower the weight back to the starting position.



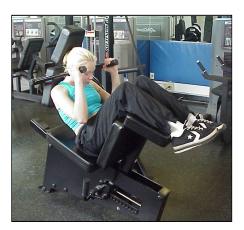
ABDOMINAL EXERCISES

Machine crunches

Most importantly, ensure proper adjustment of the machine for your height. Legs should be at a 90° angle and your head should be on the headrest.



Grip the handles and squeeze your abdominals. Keep the weights light and the reps high, and work to fatigue.



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